



# THE | SAGE

March/April 2023

Connecting Lexington residents age 60+ to information, programs, and services.

## HUMAN SERVICES STAFF

Mon-Fri, 8:30 a.m. - 4:30 p.m.  
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**TRANSPORTATION**  
781-861-1210

**HOME DELIVERED MEALS**  
888-222-6171

## Michelle's Minutes: Senior Services Director's Report

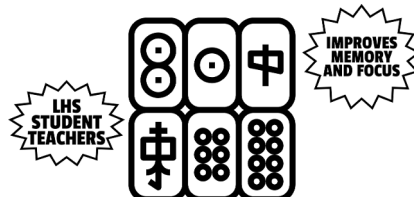
### April is National Volunteer Month

April is Volunteer Appreciation month, although we appreciate those who volunteer for our community all year long, April is an important time to celebrate and recognize them. I want to give a big shout out to all of our volunteers. Without their devotion of time and energy we wouldn't be able to provide as much as we do to Lexington residents. At the Lexington Community Center we are always looking for new volunteers. We use volunteers to lead peer groups, help at the fix it shop, facilitate caregiver groups, chaperones on trips, front desk help and much more. We would love to hear what ideas you may have that we can bring to the Lexington Community Center.

***If you have a few hours to spare and would like to make an impact in the community please contact Paula at 781-698-4845.***

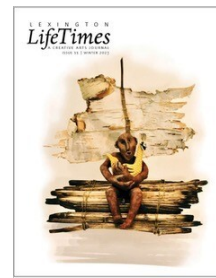


## LEARN MAHJONG



I would like to spotlight Lexington High School student volunteers, Alicia, Emily and Mirei who have taken on the challenge of teaching Mahjong to our seniors. This class filled up quickly and was a huge success! These LHS students really delivered on their mission, teaching seniors the game of Mahjong. We are fortunate that they will begin a new **"Learn to Play Mahjong", Monday March 6 - April 24, 3:30 - 4:30 p.m. (no class 4/17). Sign up at 781-698-4840 or [LexRecMa.com](http://LexRecMa.com).** This will be for new players that have not taken the class yet. Players that have been enjoying the class can continue to come on Mondays.

Lexington *LifeTimes*, a creative arts journal published by the Friends of the Lexington Council on Aging, is accepting submissions for the Summer 2023 issue through Friday, April 14, 2023. A professionally produced bi-annual publication, the journal features the literary and visual art of those 60+ who live or work in Lexington. The broad selection of material includes both short fiction and non-fiction, poetry, photography, artwork, and craft.



Guidelines, the application, and the past eleven issues can be found at [www.friendsoftheco.org](http://www.friendsoftheco.org). Printed copies of the current issue, Winter 2023, are at Cary Library as well as at the Community Center while supplies last.

All those with talent to share are encouraged to apply. Please pass this information along to anyone you feel could be interested.

**Human Services sign-up begins February 15 for residents/February 22 for nonresidents at 781-698-4840 or online at [LexRecMa.com](http://LexRecMa.com)**

## Sign-Up Programs at the Community Center

Sign-up begins February 15 for residents/February 22 for nonresidents  
at 781-698-4840 or online at [LexRecMa.com](https://LexRecMa.com)

### Coming out of the Winter Blues: A Blueprint to Focusing on Your Health, Wednesday, March 1, 1:00- 2:00 p.m.

Learn how to tackle the "Winter Blues" and feel better. You'll get suggestions on five areas: mental health, diet, sleep, exercise and how to keep on goal.



### Navigating the Often-Confusing Health Care Options for Older Adults!, Wednesday, March 1, 6:00 - 7:30 p.m.

Hear from a panel of professionals who will cover care management, independent living, assisted living, memory care and skilled nursing care. ***This program is sponsored by Youville Assisted Living.***

### Learn How to Play Mahjong with LHS Students

**Monday, March 6 - April 24, 3:30 - 4:30 p.m. (no class 4/17)**

Come and learn Mahjong with Lexington High School students. This brain boosting game is packed with strategy, fun and even some simple Chinese!

### Understanding Basic Estate Planning - Dale Tamburro

**Wednesday, March 8, 1:00 - 2:00 p.m.**

What is probate? Learn about Estate documents, health care proxy and durable power of attorney, last will and testament. Basics to protect your home: long term care or nursing home.

### Expressive Art: Squeegee Art

**Monday, March 13, 10:00 - 11:45 a.m.**

In this workshop you will learn how to create art by pulling paint across the canvas with a scraper. This is a process-based art therapy program where you will learn how to create with this new technique. ***One participant per household.***



### Technology with Howard

**Thursday, March 16, 10:30 - 11:50 a.m.**

Sign up for one-on-one (20 min.) technical help with Howard. Questions about your device bring it with you.

### St. Patrick's Lunch - \$5

**Thursday, March 16, 12:00 - 1:00 p.m.**

Enjoy a traditional Irish boiled dinner and dessert. Catered by Whitson's. ***Sponsored by the FCOA.***



### Nutrition Talk: Gut Health and Bone Health Connection

**Friday, March 17, 11:00 a.m. - Noon**

Come learn about this condition and which dietary interventions and life style changes can help manage it. Find out how eating a variety of foods can help with gut health.

### Initiating the Caregiver Conversation - Virtual Wednesday, March 22, 7:00 - 8:30 p.m.

Join Julie Norstrand, an eldercare consultant, as she shares ideas about preparing for caregiving. This webinar is for people who are starting to notice their loved ones experiencing age-related physical or cognitive deterioration that they may need to address as future caregivers.



### Cooking with Anastasia: "Dolmathakia" - Virtual Friday, March 24, 11:00 a.m. - Noon

Dolmathakia are universally known as stuffed grape leaves. We'll learn to prepare these and understand the difference between dolmathakia and dolmathes.

### Exercise for Arthritis

**Wednesday, March 29, 1:00 - 2:00 p.m.**

Join Micheal Stare from Orthopaedics Plus as he goes over: *Exercise for Arthritis*: effective treatment for pain & function.



### Holi Celebration

**Thursday, March 30, 11:00 a.m. - 12:30 p.m.**

Join us as we celebrate Holi. Holi is celebrated in certain regions of India as a way to welcome in spring and is seen as a new beginning. We will have light refreshments for you to sample.



### Benefits of Irrevocable and Revocable Trusts

**Wednesday, April 5, 1:00 - 2:00 p.m.**

What is a trust? The components of a trust paper, creator, trustee and beneficiary. How to avoid probate. Protecting your home and other assets.

### Expressive Art: Bead Making

**Monday, April 10, 10:00 - 11:45 a.m.**

We will be using colorful clay to create beads of all shapes and sizes. Erica will help you learn a foundation to bead-making that you can expand on with your own creativity. We will be molding oven-baking clay. You will be provided with instructions to bake the clay in your home. ***One participant per household.***



### April Special Lunch - \$5

**Tuesday, April 11, 12:00 - 1:00 p.m.**

Enjoy soup, meatloaf, mashed potatoes, veggie and dessert. ***Sponsored by the FCOA.***

**Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.**

## Sign-Up Programs (cont.)

### Technology with Howard

**Wednesday, April 12, 11:00 a.m. - 12:20 p.m.**

Sign up for one-on-one (20 min.) technical help with Howard. Questions about your device bring it with you.

### A Musical Journey Through the Years

**Thursday April 13, 2:00 - 3:00 p.m.**

Join Tommy Rull and enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como and more!

**Supported by the Lexington Cultural Council and the Massachusetts Cultural Council.**

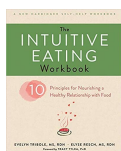


### Intuitive Eating Class (6 wk. class) \$15 fee includes book

**Fridays, April 14 - May 19, 11:00 a.m. - Noon**

Intuitive eating is a non-diet approach to improve your relationship with food. Class size is limited, must attend all classes.

**Sign up by April 7.**



### Downsizing with Beth Sager

**Wednesday, April 19, 10:30 - 11:30 a.m.**

When it comes time to downsizing your space, it takes a lot of time & energy... come get some helpful solutions from our tried and true downsizing process!



### Life Transition Binder Workshop - \$25 (Res) \$30 (NR)

**Tuesdays, April 25, May 2, 9 & 16, 10:30 a.m. - Noon**

Sandra Batra will guide you in creating a customized "life binder" to incorporate all your important life details, including personal data, property, financial, retirement/investment, insurance, medical and service provider information. This binder will give you and your loved ones peace of mind and provide them with direction and guidance. **Materials included, this class is for first time participants.**



### Singing Grandpops

**Wednesday, April 26, 2:00 - 3:00 p.m.**

This fun and lively group from the Arlington Retired Men's Club will entertain us by singing some popular songs, medleys including Shine on Harvest Moon, Who's Sorry Now, Sweet Caroline and more.

### Cooking with Anastasia: "Fermented Vegetables" -

**Virtual, Friday, April 28, 11:00 a.m. - Noon**

Learn how to ferment vegetables by starting with the easiest ones, pickles and sauerkraut.

**Sign-up begins February 15 for residents/February 22 for nonresidents at 781-698-4840 or online at [LexRecMa.com](http://LexRecMa.com)**

## Free Drop-In Programs

### Needles Club:

Mondays, March 6 - April 24, 2:00 - 4:00 p.m.

### Watercolors:

Tuesdays, March 7 - April 25, 10:00 a.m.

### Indian Seniors of Lexington Group:

Tuesdays, March 7 - April 25, 10:00 a.m.

### World Affairs:

Tuesdays, March 7 - April 25, 1:15 p.m.

### Drop In Technology

Tuesdays, March 21 & April 25, 3:45- 4:45 p.m.

### Mahjong:

Wednesdays, March 1 - April 26, 10:00a.m.

### Computer & Technology Group - Zoom

Wednesdays, March 1 - April 26, 10:00 a.m.

To sign-up: [LCTG-subscribe@toku.us](http://LCTG-subscribe@toku.us)

### Bridge:

Wednesdays, March 1 - April 26, 1:00 p.m.

### Cornhole:

Wednesdays, March 1 - April 26, 1:30 p.m.

### Scrabble

Wednesdays, March 15 & April 19, 1:30 p.m.

### Canasta:

Thursdays, March 2 - April 27, 11:00 a.m.

### Book Club (see calendar for books)

Thursday, March 16 & April 20, 1:00 - 2:30 p.m.

### Current Events:

Fridays, March 3 - April 28, 1:15 p.m.



## Movies - Tuesdays at 1:15 p.m.

### The Duke - March 7

Comedy, Drama Based on Real Life, R (96 min.)

### Fall - March 21

Thrillers, PG-13 (107 min.)

### Jerry and Marge Go Large - April 4

Comedy, Drama Based on Real Life, PG-13 (96 min.)

### Ticket to Paradise - April 18

Romantic Comedy, PG-13 (104 min.)



## Podiatry Clinic

**Monday, March 13, 8:30 - 1:00 p.m.**

**Monday, April 10, 8:30 - 1:00 p.m.**

Dr. Dan Seligman provides 10-minute appointments for trimming and filing ONLY. \$35 cash or check payable to the doctor. 24 hours notice required for cancellation.

**Sign up begins February 15 at 781-698-4840.**

## Fix-It Shop

Your local hub for small household repairs!

Open Tuesday, Wednesday & Thursday, 9:00 - 11:45 a.m.

**Accepting repairs by appointment only.**

**Please call 781-698-4866 or 781-698-4840.**

**There is a \$5 service fee for non-residents.**





## OWLL Spring Courses

**Xi's Gotta Have It: History and Power in China, 221 BCE to the Present**, with Caroline Reeves; **on Zoom**, **4 Mondays (5 if necessary), Feb 27, Mar 13, 27, Apr 10 (Apr 24 if needed), 10:30-noon**

How can we understand contemporary Chinese leader Xi Jinping's unprecedented hold over China? Studying the history and historiography of early leaders up through Xi's legendary predecessor, Chairman Mao, and how they gained and held power will give us some insights into this extraordinary 21st-century global phenomenon.



**Loosing the Tethers of the World: The First Age of Space Exploration, 1957-1966**, with Dan Breen; **on Zoom** **6 Tuesdays, Mar 7, 14, 21, 28, Apr 4, 11, 11:00-12:30**

In 1957 the Soviet Union astounded the world by launching a satellite into orbit. Thus began the "Space Race." This course will cover the thrilling story of the early era of manned space exploration, triumphs as well as near disasters, and the eventual "victory" of NASA's astronauts.

**New England Flora and Fauna**, with Bill Gette; **on Zoom**, **3 Tuesdays, Mar 28, Apr 4, Apr 25, 4:00-5:15**

Bill's first two classes will cover area wildflowers; his third will be an introduction to bird watching. His richly illustrated lectures are appropriate for both beginners and intermediate birders and wildflower lovers and indeed anyone interested in experiencing the beauty and diversity of wildlife in New England.

**The Mockingbird at Sixty**, with Cammy Thomas; **on Zoom**, **6 Wednesdays, Apr 5, 12, 19, 26, May 3, 10, 10:00-11:30**

*To Kill a Mockingbird* is a classic: Atticus Finch, a white, small-town Southern lawyer, defends a black man on a sexual assault charge. Author Harper Lee, a white woman, presents all the moral ambiguities of the world she knew in 1960. What does the book have to tell us now?

**Memoir Writing: Bringing the Past to the Present**, with Chris Worcester; **in person**

**6 Tuesdays, Apr 18, 25, May 2, 9, 16, 23, 11:00-12:30**

Do you have a remarkable moment in your life? A pivotal point to share, examine, or clarify? This **introductory** workshop explores techniques to guide your process of memoir writing. Come with an idea. Leave with a written gift to keep or share.

**Musical Trio: The Lives and Music of Clara Wieck, Robert Schumann, & Johannes Brahms**, with Dotty Burstein, **in person**, **4 Thursdays, May 4, 11, 18, 25, 10:00-noon**

Among the towering artists of 19th-century classical music were Clara Wieck, Robert Schumann, and Johannes Brahms, whose lives and music became intimately intertwined. Although the primary focus of our study will be the piano music of the three, we shall examine portions of *A German Requiem* and the lieder and chamber music of the Schumanns.

**Sign up begins February 15 for residents/February 22 for nonresidents at 781-698-4840 or online at LexRecMa.com.**

For more information, call Human Services at 781-698-4840. Find detailed course and instructor information on our website at <https://friendsofthecoa.org>. **\$25 per course for residents, \$50 per course for nonresidents**

## Trips

**Newport Playhouse, Thursday, April 13, \$129 (Residents) \$139 (NR)**

Bloom Tours is taking you to the Newport Playhouse & Cabaret Restaurant to enjoy a show and lunch. A taxi driver gets away with having two wives in different areas because of his irregular work schedule. Complication is piled upon complication as the cabby tries to keep his double life from exploding--and that means lots of laughs for us! Enjoy the buffet before the show which includes a large variety of hot and cold foods. **Depart: 9:00 a.m. Return: 6:00 p.m.**



**Salem Cross Inn Tour - Quabbin Reservoir, Thursday, May 4, \$125 (Residents) \$135 (NR)**

Enjoy the beautiful landscapes as we travel The Salem Cross Inn in W. Brookfield, MA. Upon arrival, we depart for a one hour guided tour of the Quabbin Reservoir! Delve into the intriguing history of how and why this reservoir was built during the Depression Era. After the tour, we will return to the Inn for their Original Historic Fireplace Feast! Lunch will be served by the fireplace in this beautifully restored 1700s Colonial home. Luncheon choices: prime rib or chicken pot pie w/biscuit. After our lunch & tour we will take a drive to Brookfield Orchards. **Depart: 8:30 a.m. Return: 6:15 p.m.**



**Sign up at [LexRecMa.com](https://LexRecMa.com) or call 781-698-4840. Trip operated by Bloom Tours - Trip is not refundable.**

**Trip Policy/Sign Up:** Payment (cash, check or credit card) required at sign-up. **Sign up starts right away as we need to meet minimum requirement so the trip isn't cancelled.** Itinerary subject to change at discretion of the tour guide.

## Health and Wellness

### Health Clinician Corner by Wai Chong, RPh.

#### Knox Box and File of Life

The Lexington Fire Department, in partnership with the Human Services Department, are offering the Knox Box and its installation, free of charge to qualified Lexington seniors. The Knox Boxes are funded through a grant from The Dana Home.



Any senior interested in getting one installed, please contact Wai Chong at (781) 698-4847.



**Knox Residential Boxes** are high security key safes that are trusted and supported by your local fire department. They provide first responders access to your home in emergencies when people inside are unable to open the door or are not in the house.

The **File of Life** is a refrigerator magnet with an attached red plastic pocket labeled **"FILE OF LIFE"**. In the plastic pocket is a tri-fold card on which you can record your vital emergency information. Fill in the information on the card. Remember, the information will help first responders better assist you in an emergency. It is best to update the information every six months or anytime when there's a change in your medical condition. Both the red plastic pocket and the tri-fold card are available at the Lexington Community Center.



#### References:

<https://www.knoxbox.com/Products/Residential-KnoxBoxes>  
<https://www.thefileoflife.org/for-individuals>

### Wellness Clinics - By appointment only!

**Wednesday, March 1, 9:00 a.m. – Noon**

**Wednesday, April 5, 9:00 a.m. - Noon**



Meet with Wai Chong, registered pharmacist, and Kelliann Coleman, RN, to check your blood pressure, discuss medication management and learn how to properly use your blood glucose and blood pressure machines. Please bring your machines with you if you have questions.

**Call Wai Chong at 781-698-4847 to make your appointment** or to discuss the possibility of a home visit if you are home-bound.

### Memory Cafe

**Wednesday, March 8, 10:30 - 11:30 am.**

**Wednesday, April 12, 10:30 - 11:30 a.m.**



Memory Café is back! We know the importance of in-person connections, especially when a loved one has dementia.

We welcome your return to our newly revived Memory Café. We hope that caregivers and their loved ones can socialize and share in some meaningful activities. **Sponsored by Minute Women Home Care.**

This program is part of a growing nationwide movement to provide community-based support, stimulation and education for people and families living with cognitive decline. At each Café, individuals with Alzheimer's or other forms of dementia, along with their caregivers gather.

Please email [mkelleher@lexingtonma.gov](mailto:mkelleher@lexingtonma.gov) or drop in to our in-person Memory Café! This program is for those living with dementia and a caregiver.

### Health and Wellness Series

**Thursdays, March 2 - April 6, 1:00 - 2:00 pm.**

In collaboration with the Regis College Occupational Therapy program, Human Services is offering a series of programs led by Masters of Science in Occupational Therapy students. Erin and Carrie will lead this series in conjunction with their Level I Fieldwork Placement in Group Dynamics to learn to use therapeutic services to promote health, well-being and improve quality of life. Some classes will include chair yoga, meditation, exercises, "oldies" music, therapy/trivia, strength and balance. This series provides them the opportunity to integrate theoretical learning to build their skills in group leadership. Join us in supporting their education by signing up for this series. **Sign up at [LexRecMa.com](http://LexRecMa.com) or call 781-698-4840.**







### Dietician Appointments:





**Fridays, 10:00 a.m. - 2:00 p.m.**

**Barbara Collins** is a registered dietitian nutritionist working with seniors on life changes in regards to nutrition and healthy eating, as well as a Intuitive Eating Support Group. Barbara is available for one-on-one appointments to discuss diet and nutrition options for seniors.



**Barbara's hours are 10:00 a.m. – 2:00 p.m. on Fridays**  
**To make an appointment call 781-698-4840**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00- Wellness Clinic * 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:00 - Winter Blues * 1:30 - Cornhole 2:30 - COA Meeting 6:00- Navigate Health*	<b>2</b> 11:00 - Canasta 1:00 - Regis Wellness* 1:30 - Alz. Caregiver	<b>3</b> 12:00 - LexCafe \$ * 1:15 - Current Events 1:30 - Drums Alive *
<b>6</b> <b>ELECTIONS</b> 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>7</b> 10:00 - Watercolors 12:00 - Indian Lunch \$* 1:15 - World Affairs 1:15 - Movie 5:30 - Caregivers 	<b>8</b> 10:00 - Mahjong 10:30 - Memory Cafe * 12:00 - LexCafe \$ * 1:00 - Bridge 1:00 - Estate Planning* 2:00 - Card Making * 1:30 - Cornhole	<b>9</b> 11:00 - Canasta 1:00 - Regis Wellness*	<b>10</b> 12:00 - LexCafe \$ * 1:00 - Int. Eating Support Group * 1:15 - Current Events
<b>13</b> 8:30 - Podiatry \$ * 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>14</b> 10:00 - Watercolors 1:15 - World Affairs	<b>15</b> 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 1:30 - Scrabble	<b>16</b> 9:30 - FCOA Meeting 10:00 - Tech Howard* 11:00 - Canasta 12:00 - March Lunch \$* 1:00 - Book Club: <i>The Saturday Evening Girls Club by Jane Healey</i> 1:00 - Regis Wellness* 1:30 - Alz. Caregiver 3:30 - Drop-In Tech	<b>17</b> 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events 
<b>20</b> 12:00 - LexCafe \$ * 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>21</b> 10:00 - Watercolors 12:00 - Indian Lunch \$* 1:15 - World Affairs 1:15 - Movie 3:45 - Drop-In Tech * 	<b>22</b> 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 7:00 - Caregiver *	<b>23</b> 11:00 - Canasta 1:00 - Regis Wellness*	<b>24</b> 11:00 - Cooking w/Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events
<b>27</b> 12:00 - LexCafe \$ * 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>28</b> 10:00 - Watercolors 1:15 - World Affairs	<b>29</b> 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:00 - Exercise Arthritis* 1:30 - Cornhole	<b>30</b> 11:00 - Canasta 11:00 - Holi Celebration * 1:00 - Regis Wellness*	<b>31</b> 12:00 - LexCafe \$ * 1:15 - Current Events

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <div> <b>Key Code:</b>  <b>Registration Req. *</b>  <b>Fee for program \$</b> </div> </div>				
<b>3</b> 12:00 - LexCafe \$ * 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>4</b> 10:00 - Watercolors 11:45 - Indian Lunch \$* 1:15 - World Affairs 1:15 - Movie 5:30 - Caregivers 	<b>5</b> 9:00 - Wellness Clinic * 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:00 - Dale.- Trusts * 1:30 - Cornhole 2:30 - COA Meeting	<b>6</b> 11:00 - Canasta 1:00 - Regis Wellness* 1:30 - Alz. Caregiver	<b>7</b> 12:00 - LexCafe \$ * 1:15 - Current Events
<b>10</b> 8:30 - Podiatry \$ * 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>11</b> 10:00 - Watercolors 12:00- Special lunch \$* 1:15 - World Affairs 3:30 - Drop In Tech	<b>12</b> 10:00 - Mahjong 10:00 - Tech Howard * 10:30 - Memory Cafe 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:00 - Card Making *	<b>13</b> 9:00 -Newport Trip\$* 11:00 - Canasta	<b>14</b> 11:00-Int. Eating Class* 12:00 - LexCafe \$ * 1:00 - Int.Eating Class * 1:15 - Current Events
<b>17</b> <b>CLOSED</b> 	<b>18</b> 10:00 - Watercolors 11:00 - OWLL Memoir * 11:45 - Indian Lunch \$* 1:15 - World Affairs 1:15 - Movie 	<b>19</b> 10:00 - Mahjong 10:30 - Downsizing * 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 1:30 - Scrabble	<b>20</b> 9:30 - FCOA Meeting 11:00 - Canasta 1:00 - Book Club: <i>Isaasc's Storm by Erik Larson</i> 1:30 - Alz. Caregiver 3:30 - Drop-In Tech	<b>21</b> 11:00-Int. Eating Class* 12:00 - LexCafe \$ * 1:15 - Current Events
<b>24</b> 12:00 - LexCafe \$ * 2:00 - Needles Club 3:30 - Learn Mahjong *	<b>25</b> 10:00 - Watercolors 11:00 - OWLL Memoir * 10:30 - Life Binder * 1:15 - World Affairs 3:45 - Drop-in Tech *	<b>26</b> 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:00- Singing Grandpops *	<b>27</b> 11:00 - Canasta	<b>28</b> 11:00-Int. Eating Class* 11:00 - Cooking w/Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events 1:30 - Drums Alive *



## Transportation

**March 18 is Transit Driver Appreciation Day!** Please stop in the Community Center to fill out a postcard to thank those who help you roll!

**Lexpress Bus Service:** [www.lexpress.us](http://www.lexpress.us) 781-861-1210

**Open to people of all ages & abilities!**

Lexpress is free for seniors and people with disabilities from 9:30AM-2:30PM and just .75 cents outside of those hours! All Lexpress routes start and end at Depot Square in Lexington Center. Lexpress is a "flag" system – wait along the route and wave to driver to signal you wish to board.

**Some locations along Lexpress routes include:**

### Shopping:

ROUTE A: Stop & Shop, Wagon Wheel

ROUTE B: Market Basket, HMart, Burlington Mall, Wegmans

ROUTE C: Wilson Farm, Trader Joes, Lexington Community Farm

All ROUTES: Lexington Center

### Medical:

ROUTE A: Lahey Lexington (ask for pull-in) and 57 Bedford St.

Route B: Lahey Lexington

### Exercise & Recreation:

ROUTE C: Lexington Community Center (free workout facilities for residents!)

**Did you know you can get to many beautiful walking trails in Lexington by bus? Here are just a few:**

·Burlington Landlocked Forest: Lexpress ROUTE A

·Whipple Hill: Lexpress ROUTE C

·Sutherland Woods: Lexpress ROUTE C

**Check out the MBTA Mobility Center!**

<https://www.mbta.com/accessibility/mbta-mobility-center>

A one-stop shop for travel training, RIDE eligibility, and more!

### MBTA Senior Charlie Cards

Want half-off MBTA fares? Apply for Senior Charlie Cards online!

<https://www.mbta.com/fares/reduced/senior-charliecard>

### MBTA Schedules

[www.mbta.com](http://www.mbta.com) or find printed copies at the Community Center, Library, or Town Office Building

**Rides to Medical Appointments: Call FISH at 781-861-9300**

2 business days before your appointment and call between 9AM-1PM (appointments can be outside those hours)

**FISH** is a non-profit organization providing rides for seniors and disabled for medical appointments. If you thought lately about how you can give back to your community, you can drive for FISH one day a month! Drivers are needed! You can choose to do Local or Boston trips or both. It's very rewarding, and you meet the nicest people! If you don't drive, how about being a phoner for FISH one day a month? If you would like to volunteer, please contact Jim Fesler at [feslerj@gmail.com](mailto:feslerj@gmail.com).

### Lex-Connect Senior Taxi

Did you know you can purchase your vouchers online? Visit our website: [www.lexingtonma.gov/transportation-services](http://www.lexingtonma.gov/transportation-services)

## Veterans



### Lexington/Bedford Veterans Services

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

### Lexington Veterans Association

The Lexington Veterans' Association will present the following programs at the Cary Library. All are welcome. These meetings will be conducted in person and on Zoom. The Zoom link will be available on the website of Cary Library. The meetings will start at 12:45 PM for coffee and conversation. The lectures will begin at 1:15.

**Monday, March 13,**

#### *"The War in Ukraine"*

Retired Brigadier General and Ukrainian-American Leonid Kondratiuk will call on his 40



years as a military historian to place the current Russian incursion into Ukraine in historical context. Known as the breadbasket of Europe, Ukraine has been coveted and invaded by conquerors, including Hitler and Stalin, for centuries. Gen Kondratiuk will analyze the strategic, operational, and tactical capabilities of the opposing armies and expose the myth of Russian invincibility, and explain how the Ukrainian military underwent a complete metamorphosis under US guidance and training.

**Monday, April 10,**

#### *"Lafayette in America, 1777-81 and 1824-25"*

Presented by Alan Hoffman, Retired attorney, Historian, and Lafayette Translator. Why did Lafayette become the most popular man in America in the



19th Century? First, because of the important military and diplomatic role he played in the American Revolution. Next was his continual support of American interests abroad. And finally, his triumphal return and Farewell Tour in 1824, nearly 50 years after the beginning of hostilities, as the last surviving major general of the Continental Army, cemented his reputation in the hearts of Americans.



## Community News

### Free Help Preparing Your Income Taxes - Lexington Taxaide Program - Sponsored by AARP/IRS



**Beginning February 15 through April 14**, IRS certified Tax-Aide volunteers will be available at the Lexington Community Center. AARP's tax aide program provides its free service, with a focus on taxpayers who are over 50 with low to moderate income.

IRS certified Tax-Aide volunteers will be available to help prepare and electronically file Federal and State income tax forms. ***Bring all tax documents you think may be useful including both Mass and Federal 2021 returns.*** **Appointments are required, please call 781-698-4855.**

#### Senior Tax Program Guidelines:

- Participants will receive an hourly rate of \$13.50.
- The maximum credit a household may earn is \$1,755 including all with holdings per fiscal year.
- The maximum number of hours per household is 130.

#### Participation Requirements:

- Applicants must be 60 years of age or older.
- Applicants must own property in Lexington that serves as their principal residence.
- Gross income (including SSI income) must not exceed \$90,000 (2021 tax return) per household (regardless of single or married status)
- Applicant's job skills must match those of an available placement within the municipality.
  - Determination of this may include an interview.
  - Successful match of a participant to a department will determine official acceptance into the program.
  - No participant shall be assigned work that does not match their interests and/or abilities.
- Applicants are subject to a Criminal Offender Records Investigation check.

**For more information call Paula at 781-698-4845.**

### Provide Your Feedback for the Town's Climate Action & Resilience Plan



The Town of Lexington is developing a Climate Action & Resilience Plan, called Resilient Lexington. The Plan will build upon a solid foundation of climate leadership and complement ongoing efforts to create a sustainable future. We are not starting from scratch! Our

community has a tradition of taking action and we are a regional leader in sustainability. The Resilient Lexington Plan will build upon these ongoing efforts. Over the course of the planning process, the Town will complete a series of community assessments, data analyses, and stakeholder and community engagement activities to complete our plan.

Learn more about the planning process at

[lexingtonma.gov/ResilientLexington](https://lexingtonma.gov/ResilientLexington).

Get involved today by taking the Resilient Lexington survey. Your participation will help the planning team understand public priorities and ensure the proposed strategies are actionable. The survey is available in English and Mandarin.



Take the survey by scanning the QR code or visiting

<https://bit.ly/ResilientLexingtonSurvey>.

#### Mass "Senior Circuit Breaker" Tax Credit

If your property tax (or 25% of your rent) exceeds 10% of your gross income, you may be eligible for a payment or tax credit from the State.

Call the Assessor's office at 781-698-4578 or visit

<https://tinyurl.com/2b8pb5rt> for more information.

### Attention Seniors! Lexington Property Tax Deferrals are Safe and Affordable



If you are a Lexington Senior aged 65 or older with a **2021 gross household income of \$90,000 or less**, you can postpone paying all or any part of your property tax bill and let the value of your house pay the tax bill later.

- Fiscal Year 2023 deferrals will enjoy a very low **simple interest rate of 1.0%**
- Each year's deferral is like an individual loan that doesn't have to be repaid during your lifetime or your

spouse's

lifetime unless home ownership is transferred or you choose to pay it off.

- For detailed qualifying information on the Property Tax Deferral Program and other State and local tax programs **call the Assessor's Office at 781-698-4578.**
- A brochure describing all property tax exemptions and deferrals is available at the Assessor's Office, the Lexington Community Center and on-line at [www.LexingtonMA.gov/168/Elderly-Other-Tax-Relief](http://www.LexingtonMA.gov/168/Elderly-Other-Tax-Relief)

## Community News

### Lexington Recreation and Community Programs



**Spring and Summer Registration will open on March 14th at 6:00 a.m. for your favorite fitness class such as:**

- Seated Strength & Balance and Strength Training
- Zumba Gold & Zumba Toning
- Fit & Fabulous
- Chair and Total Fitness
- Active Ageds...and more



### Creative Card Making with Marion Davis - FREE Wednesdays, March 8 & April 12, 2:00 - 4:00 p.m.

Learn to design and create handmade greeting cards for all occasions. Workshop instruction will include a short demonstration of the monthly focus card, handouts to take home for the cards we work on, suggestions for designs, fun folds, assistance learning to use tools, and advice on which materials to use. All materials and tools are included. Each month focuses on various aspects of card ideas so you can create cards for your needs!



### Let's Walk with Theresa Scannell Tuesdays, April 11 - June 27, 9:30 - 10:15 a.m.

Each week we will meet at the Center Track and review one technique associated with walking. Walk at your own pace, walk with a friend, no pressure. If you can walk 20-30 minutes non-stop and have a good sense of humor, put on a pair of supportive sneakers or shoes and come join instructor Theresa Scannell.

Let's Walk is an adjunct to the Forever Fit Program, supported by a grant from **The Dana Home Foundation**. With their support, along with funding from the **Friends of the Council on Aging**, we are able to offer this wellness opportunity at no cost to you.

**Sign up for these programs at [LexRecMa.com](http://LexRecMa.com)**

### Pine Meadows Golf Club Opportunities:



Exciting seasonal and part-time employment opportunities are now available at Lexington's Pine Meadows Golf Club for the 2023 season. We are looking for individuals with personality and customer service skills for the Pro Shop and Starter/Ranger positions. Positions in Course Maintenance are also available. All positions provide golf benefits. For more information please contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, e-mail: [ja4neg@verizon.net](mailto:ja4neg@verizon.net)

### The Dana Home Foundation

dedicates its resources in pursuit of the care, comfort, and well being of Lexington seniors. From providing support for home bound seniors, adult education classes, hearing assist devices and a Memory Café to furniture at the community center, a van to deliver flowers, and partial funding of an elevator to access the local food pantry, they support a diverse selection of programs. Grants are provided annually to organizations delivering important, innovative, and impactful services to seniors in Lexington, Massachusetts. The Dana Home Foundation has awarded over 1.5 million dollars since beginning its work in 2012. We are extremely grateful to the Dana Home Foundation for the following programs!



### Stay Forever Fit with Personal Trainer, Judy Whitney



Whether your goal is to develop strength, build endurance, improve balance, increase flexibility and agility, reduce stress, we can help you. There

are three components to this program: individual assessments, group instruction and working one-to-one with an expert Personal Trainer, skilled in determining the best way to achieve mutually agreed upon goals. Classes are Mondays and Wednesdays at 2:15 p.m. One to one sessions will be by appointment only. Register at [www.lexrecma.gov](http://www.lexrecma.gov) to attend a hybrid informational meeting with Judy Whitney on **April 12 at 2:30 pm at the Community Center or via zoom**. Registration for the session will follow the meeting.

### Intergenerational Drums Alive Friday, March 3 & April 28, 1:30 - 2:15 p.m.

Drums Alive combines exercise with rhythm and movement in a fun and upbeat setting. Drums Alive uses stability balls to create a unique drumming experience that has been shown to benefit individuals physically, mentally, emotionally, and socially. All abilities welcome.



**As the snow melts and the temperatures rise, don't forget to visit our outdoor fitness equipment for your workout!**



## Community News

### 2023 Minuteman Cane Award Nominees are currently being sought for the 2023 Minuteman Cane Award



Do you know a person who is at least 80 years of age, a 15 year resident of Lexington, actively involved in the community and an inspiration to others while exhibiting a creative approach to life through a choice of a second career, a hobby or volunteerism? If so, consider nominating them for the Minuteman Cane Award.

The nomination form is available on the Town website at: [www.Lexingtonma.gov](http://www.Lexingtonma.gov); forms are also available in Lexington Center at the following locations: Michelson's Shoe Store, Theatre Pharmacy, Wales Copy Center, Cary Memorial Library, Town Hall and the Community Center.

**Completed forms should be submitted to: Minuteman Cane Award Selection Committee, c/o Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 by Noon, Thursday, March 23, 2023.**

For more information, contact the Minuteman Cane Award Selection Committee by calling Marie Hill at 781-760-9148.

### Marching towards Patriots' Day

Roll the drums! Sound the fifes! We will hold Patriot's Day this year on **Monday, April 18**, with the Minutemen Re-enactment of the Battle, the Morning Youth Parade, the Ceremony on the Green, and the 2 PM Patriots' Day Parade.



Stay tuned for more information on the Town Celebrations Committee (TCC) [patriotsday.com](http://patriotsday.com) websites or on @ [LexingtonTCC](https://www.facebook.com/LexingtonTCC) Facebook accounts.

Want to be involved, help underwrite the costs of bringing top-notch bands, marching units, and floats to Lexington, Parade sponsorship shows your support for, and involvement in, your community while gaining recognition for your contribution. You can complete our sponsorship form online at [www.patriotsday.com](http://www.patriotsday.com).

TCC is seeking volunteers to serve as Parade Ambassadors who will march in teams of two or three in front of a parade unit, carrying a banner naming the unit's sponsor. Play a key part in this nationally known celebration marking the birth of our nation. No experience necessary! Parade Ambassadors receive complimentary tee shirts. High school students earn four hours of community service credit. Members of sports and academic teams, walking groups, civic organizations, friends, and students can register at <http://patriotsday.com>. The minimum age is 12 years.

### Events for Adults at Cary Memorial Library

#### Gardening for Wildlife in an Era of Climate Change with Trevor Smith, Monday, March 6, 7:00-8:00 PM – Virtual

Trevor Smith will take you past the bleak headlines and talk about what WE can do. How our plant choices and simply changing the way we maintain our properties can make a huge difference in local ecology. Trevor makes it clear that the power to slow or stop climate change does not rest solely in the hands of government. We can all make a difference. His presentation will leave you inspired and empowered.

#### Meet the Author: Zhuqing Li, Tuesday, March 7, 7:00-8:00 PM, Living Room, Cary Memorial Library

Author, Zhuqing Li will discuss her new memoir, *Daughters of the Flower Fragrant Garden: Two Sisters Separated by China's Civil War*. She will share the journey of her two maternal aunts who were accidentally separated when China split in 1949. The two sisters refused to submit to the random power of history and fought their way to the elite echelons of the two opposing societies after China's split." A question and answer session will follow.

#### Music in the Library: Isabel Stover, Thursday, March 16, 7:00-8:00 PM, Large Meeting Room

Accompanied by some of the most creative figures on the Boston scene, Isabel Stover draws the emotive thread between timeless Jazz standards, Brazilian, folk and pop with fresh, new arrangements. Stover uses her richly textured vocals and mastery of phrasing thoughtfully and purposely as a way of delivering an authentic and heartfelt experience, fearlessly deconstructing musical compositions to their emotional core.

#### Beyond the Library presents: The Gilded World of Isabella Stewart Gardner, Tuesday, March 21, 7 PM – Virtual

The life of Boston's arts patroness typifies the lives of many of the wealthy and cultured Americans who lived during the Gilded Age of American history. We will explore the details of Isabella Stewart Gardner's life, friends, travels and collections. She broke all kinds of rules while setting up her museum but perhaps we can understand this when we read her personal motto "It is my pleasure." She arranged things the way she wanted with relationships between objects that may at first escape us. What is left for us is to marvel at the space she created and filled with beautiful things.

#### Music in the Library: The Samba Jazz Project, Monday, April 24, 7:00-8:00 PM, Large Meeting Room

Led by trombonist, Dan Fox, and featuring the vocals of Anna Borges, The Samba Jazz Project evokes the sounds of Rio de Janeiro in the 1960's when the worlds of samba and jazz came together in an explosion of creativity. Each of the performers are from Brazil or have studied music there.

**Attendance is on a first come basis. Please register for virtual programs to receive the Zoom link.**



Lexington Human/Senior Services  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421

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*Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.*

### **Lex Cafe - Senior Dining (age 60 plus)**

**Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day.** Weekly menus can be found in the dining room at the Community Center or on-line at [Lexingtonma.gov/seniors](http://Lexingtonma.gov/seniors). Suggested donation is \$2. Menus subject to change.

Deluxe meal site is coordinated by Minuteman Senior Services.

### **Minuteman Senior Services Indian Meal (age 60 plus)**

Join us the first and third Tuesday of the month from Noon to 1:00 p.m. for a vegetarian Indian meal.

*Sign-up for March 7 begins February 27 and ends March 3 at 10 a.m.*

*Sign up for March 21 begins March 13 and ends March 17 at 10 a.m.,*

*Sign up for April 4 begins March 27 and ends March 31 at 10 a.m.*

*Sign up for April 18 begins April 10 and ends April 14 at 10 a.m.*

**Food orders are called in the Friday before the lunch - no exceptions.**

**Suggested donation is \$2. To make a reservation or cancellation please call Despina at 781-325-1613.**

### **Newsletter**

The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would

like to receive the newsletter electronically, please sign up at [www.lexingtonma.gov/email](http://www.lexingtonma.gov/email)

To be removed from the Post Office mailing please email [gjefferson@lexingtonma.gov](mailto:gjefferson@lexingtonma.gov)

### **The Friends of the Council on Aging (FCOA)**

**Suzanne Caton | Peter Holland, President | Sudhir Jain | Janice Kennedy**

**Mickey Khazam | Lorain Marquis | Shirley Stolz | Jane Trudeau | Chris Worcester | Emery Wilson**

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. They meet virtually at 9:30 a.m. on the 3<sup>rd</sup> Thursday of every month. For more information please visit their website at <http://www.friendsoftheco.org>. If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

### **The Council on Aging Board**

**Julie Barker | Betty Borghesani | Ellen Cameron, Vice-Chair | Camille Goodwin | Sudhir Jain**

**Jyotsna Kakullavarapu | Sue Rockwell | Julie Ann Shapiro, Co-Chair | Sandra Shaw**

**Bonnie Teitleman, Secretary | John Zhao, Co-Chair**

The COA Board meets monthly. The next meetings are **March 1 & April 5 from 2:30 - 4:00 p.m.**

Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

### **Your Public Officials**

**Jill Hai, Chair | Douglas M. Lucente, Vice-Chair | Joseph N. Pato | Suzanne E. Barry | Mark Sandeen**

The Select Board members have office hours by appointment only.

Reach the Select Board's Office by phone at 781-698-4580